

**CONNECTICUT STATE DEPARTMENT OF EDUCATION**  
Bureau of Health and Nutrition Services and Child/Family/School Partnerships  
25 Industrial Park Road  
Middletown, Connecticut 06457-1543

M E M O R A N D U M

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TO: Child and Adult Care Food Program (CACFP) Sponsors

FROM: Maureen B. Staggenborg, Director, Child Nutrition Programs

DATE: April 26, 2004

SUBJECT: Operational Memorandum #11C-04 and #12H-04  
**CACFP Annual Training:**  
***Healthy Meals, Happy Kids: Principles for Feeding Young Children in CACFP***

This **mandatory** training conference for 2004 features an exciting opportunity for Connecticut CACFP Sponsors! It will be presented by two national experts on feeding preschool children: *Laurel Branen, PhD, RD, LD, Professor, Foods and Nutrition and Family and Consumer Sciences, University of Idaho* and *Janice Fletcher, Professor, Child, Family, and Consumer Studies, University of Idaho*.

CACFP sponsors will learn how to promote healthy eating and good nutrition for young children. Topics covered will include:

- Basic principles for feeding young children;
- Practical strategies to develop a preschool environment that promotes healthy eating;
- Establishing local policies to support a healthy nutrition environment in early childhood programs;
- The roles of adults in supporting children to become healthy eaters; and
- How to use mealtimes to support children's learning.

**Date, Time & Place**

**Monday, May 24, 2004**  
**8:00 a.m. – 3:30 p.m.**  
**Radisson Hotel, Cromwell, CT**

The agenda and registration form is enclosed. As noted above, attendance is mandatory for all sponsors. **Registration forms must be mailed or faxed no later than Friday May 14, 2004.**

If there are questions regarding the issues addressed in this memorandum, center sponsors may contact Susan Boyle at 860-807-2074, or home sponsors may contact Susan Bohuslaw at 860-807-2073.

Enclosures

MBS: crt  
Om#11C-04 and #12H-04 (04-26-04) k

Connecticut State Department of Education  
Connecticut Team Nutrition

presents

***Healthy Meals, Happy Kids: Principles for Feeding Young Children in the CACFP***

Monday, May 24, 2004 • 8:00 a.m. – 3:30 p.m.

Radisson Hotel • 100 Berlin Road (Route 372) • Cromwell, CT 06416 • (860) 635-2000

**Agenda**

**8:00-8:30** Registration and Coffee

**8:30-8:45** Welcome

**8:45-9:55** **Six Principles for Feeding Children in Group Settings**

Laurel Branen, PhD, RD, LD, Professor, Foods and Nutrition and Family and Consumer Sciences,  
University of Idaho and Janice Fletcher, EdD, Professor, Child, Family, and Consumer Studies,  
University of Idaho

*An abundance of research supports basic principles for feeding young children. Knowing the principles and the reasons behind the principles helps people make thoughtful decisions about how they support children as they learn to become healthy eaters. In this session, participants will examine those basic principles and the reasons behind them.*

**9:55-10:05** Break (Divide into groups – Group A remains in Essex, Group B to Rooms F-G-H))

**Group A (Essex)**

**Group B (Rooms F-G-H)**

**10:05-10:55** **Mealtime Conversations (Janice)**

*Current brain research is clear! Children are developing amazing thinking abilities throughout their early years. Mealtimes are a great time to support children as they develop skills, knowledge, and beliefs. In this session, participants will find ways to enhance, embellish, and extend the rich opportunities that mealtimes provide for learning.*

**Picky Eating (Laurel)**

**10:55-11:05** Break

Break

**11:05-11:55** **Picky Eating (Laurel)**

*Young children often are hesitant to try new foods. This can be frustrating for the adults who feed them. In this session, participants will learn why children may be “picky.” They also will learn strategies for overcoming picky eating.*

**Mealtime Conversations (Janice)**

**11:55-1:10** **Working Lunch: Web Update; Program Updates; Civil Rights (Essex)**

**1:10-2:10** **Skill Development (Janice)**

*Learn how to promote mealtime strategies to support children’s development, and how mealtime activities can promote Child Achievement Standards (e.g., Literacy and Mathematics).*

**Obesity Prevention (Laurel)**

**2:10-2:20** Break

Break

**2:20-3:20** **Obesity Prevention (Laurel)**

*Childhood obesity is an increasing problem in the U.S. In this session participants will learn about factors that contribute to obesity and will examine possible courses of action.*

**Skill Development (Janice)**

**3:20-3:30** Wrap-Up and Evaluations

Wrap-Up and Evaluations

***Healthy Meals, Happy Kids:  
Principles for Feeding Young Children in the CACFP***

**Speaker Information**

**Dr. Laurel Branen** is a Registered Dietitian and a Professor of Foods and Nutrition at the University of Idaho. An award winning teacher, Dr. Branen offers courses and workshops on nutrition, feeding young children in group settings, and eating disorders. For the past 15 years, Dr. Branen has conducted research on feeding young children in group settings.

**Dr. Janice Fletcher** is a professor of child development at the University of Idaho, where she directs the Child Development Laboratory. Over her career, Dr. Fletcher's research has focused on mealtimes and children's eating skills. She has won major University of Idaho teaching awards, serves on boards for Head Start and Early Start, and is president of the Idaho Association for the Education of Young Children. She is a frequent presenter around the nation on feeding young children in group settings.

**Directions**

**Radisson Cromwell**

I-91, Exit 21, 100 Berlin Road (Route 372), Cromwell Connecticut 06416, US

**Reservations:** (800) 333-3333

**Telephone:** (860) 635-2000 **Fax:** (860) 635-6970

Route 91 N or S

Take exit 21, Route 372. At the end of the exit ramp, take a left. Hotel and Conference Center is located on the left.

# CONNECTICUT STATE DEPARTMENT OF EDUCATION

## CHILD AND ADULT CARE FOOD PROGRAM Child Care Centers and Day Care Home Sponsors Annual Training 2004 Registration

**Date:** Monday, May 24, 2004

**Time:** 8:00 a.m. – 3:30 p.m.

**Place:** Radisson Hotel  
100 Berlin Road (Route 372)  
Cromwell, CT 06416

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Complete and return this form by: Friday, May 14, 2004

Only one registrant per form; make copies as needed.

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Sponsor/Organization Name

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Name *(please print clearly)*

Position/Title

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Address

City

State

ZIP

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( ) –  
Phone *(including area code)*

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E-mail Address *(please print clearly)*

Lunch (Dijon Chicken Wrap Plate) will be provided. Please indicate any special dietary restrictions:

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- ☐ Please check here if you are a certified teaching professional who holds a Professional Educator Certificate issued by the Connecticut State Department of Education.

**Mail or fax registration form to:**

Susan Boyle (centers) or  
Susan Bohuslaw (homes)  
Connecticut State Department of Education  
Bureau of Health and Nutrition Services  
and Child/Family/School Partnerships  
25 Industrial Park Road  
Middletown, CT 06457  
Phone: (860) 807-2074 (centers) or  
(860) 807-2073 (homes)  
Fax: (860) 807-2127

